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› leikefitness Folding Stationary Bike Recumbent Exercise Bike w/Arm Resistance Bands-Pulse Sensor-LCD Monitor and Easy to Assemble Indoor Cycling Bike 2280 GREY User Manual

leikefitness BC-2280

leikefitness Folding Stationary Bike 2280 GREY User Manual

MODEL: BC-2280

1. Safety Information

Before beginning any exercise program, consult with your physician. This is especially important for individuals over the age of 35 or those with pre-existing health conditions. Read all instructions carefully before assembly and use.

- Ensure all parts are correctly assembled and tightened before each use.
- Place the exercise bike on a flat, stable surface.
- Keep children and pets away from the equipment during operation.
- The maximum user weight for this bike is 330 pounds (150 kg). Do not exceed this limit.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

2. Product Overview

The leikefitness Folding Stationary Bike 2280 GREY is a versatile 3-in-1 exercise bike designed for home use. It functions as an upright bike, a recumbent bike, and includes integrated arm resistance bands for a full-body workout. Its foldable design allows for convenient storage in small spaces.



Figure 2.1: leikefitness Folding Stationary Bike (Grey)

Key Features:

- **3-in-1 Design:** Easily switch between upright and recumbent cycling positions.
- **Arm Resistance Bands:** Integrated bands for upper body strength training while cycling.
- **12 Levels Adjustable Magnetic Resistance:** Customize your workout intensity for various fitness levels.
- **LCD Monitor:** Tracks time, speed, distance, calories burned, and odometer.
- **Pulse Sensor:** Integrated into handlebars to monitor heart rate.
- **Phone/Tablet Holder:** Conveniently place your device for entertainment during workouts.
- **Foldable & Portable:** Compact design with transport wheels for easy storage and movement.
- **Adjustable Seat:** 7 levels of height adjustment to accommodate different users.



Figure 2.2: Product Dimensions (in inches)



Figure 2.3: Multiple Exercise Modes (Upright, Recumbent, Arm Bands)

Video 2.1: Official Product Overview and Features (Source: Leike Sports)

This video demonstrates the key features of the leikefitness Folding Exercise Bike, including its 3-in-1 functionality, arm resistance bands, and compact design. It provides a visual guide to the product's capabilities and ease of use.

3. Setup

The leikefitness Folding Stationary Bike is designed for easy assembly. All necessary tools and hardware are included in the package. Follow the step-by-step instructions provided in the separate assembly manual for detailed guidance.

Assembly Tips:

- Unpack all components and verify against the parts list in the assembly manual.
- Assemble on a soft, flat surface to prevent damage to the bike or your floor.

- Do not fully tighten all bolts until instructed to ensure proper alignment.

Adjusting Seat Height:

The seat height can be adjusted to 7 different levels to suit users of various heights. Locate the adjustment knob below the seat. Pull the knob out, slide the seat post to the desired height, and release the knob to lock it into place. Ensure the seat is securely locked before use.



Figure 3.1: Seat Height Adjustment and Resistance Knob

4. Operating Instructions

Using the Magnetic Resistance:

The bike features 12 levels of adjustable magnetic resistance. To increase resistance, turn the tension control knob clockwise. To decrease resistance, turn it counter-clockwise. Start with a lower resistance level and gradually increase as your fitness improves.



Figure 4.1: 12 Levels of Magnetic Resistance

LCD Monitor and Pulse Sensor:

The integrated LCD monitor displays your workout data, including time, speed, distance, calories burned, and odometer. To monitor your pulse, place your hands on the pulse sensors located on the handlebars. The monitor will display your heart rate.



Figure 4.2: LCD Monitor and Phone Holder

Arm Resistance Bands:

Utilize the arm resistance bands for an upper body workout while cycling. These bands help to tone and sculpt your arms and shoulders, enhancing your overall fitness routine.

5. Maintenance

Regular maintenance ensures the longevity and optimal performance of your leikefitness exercise bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspections:** Periodically check all bolts and nuts to ensure they are securely tightened. Inspect moving parts for any signs of wear or damage.
- **Lubrication:** No specific lubrication is required for the magnetic resistance system.

Folding and Storage:

The bike can be easily folded for compact storage. Locate the quick-release knob on the frame, loosen it, and fold the bike. Use the integrated transport wheels to move the folded bike to your desired storage location.

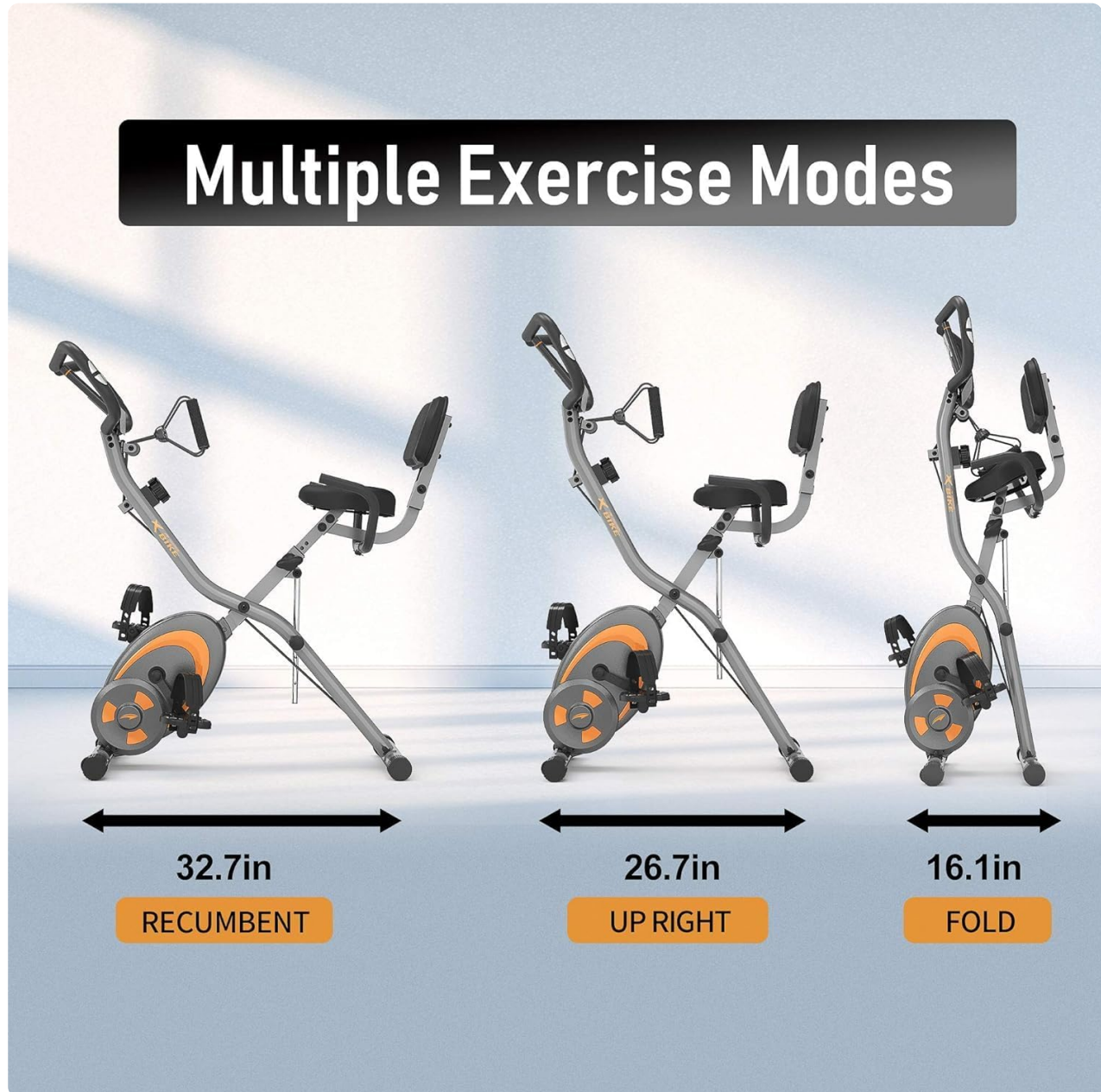


Figure 5.1: Folding the Exercise Bike



Figure 5.2: Storing the Folded Exercise Bike

6. Troubleshooting

Problem	Possible Cause	Solution
LCD Monitor not displaying	Batteries are dead or incorrectly installed.	Replace batteries (AA size) or ensure correct polarity.
No resistance or inconsistent resistance	Tension cable loose or damaged.	Check the connection of the tension cable to the resistance knob and flywheel. Contact customer service if damaged.
Squeaking or grinding noise	Loose bolts or internal components.	Tighten all visible bolts. If noise persists, contact customer service.

Problem	Possible Cause	Solution
Bike feels unstable	Uneven floor or loose frame connections.	Ensure the bike is on a level surface. Check and tighten all frame connection bolts.

If you encounter issues not listed here or if the suggested solutions do not resolve the problem, please contact [leikefitness customer support](#).

7. Specifications

Attribute	Value
Brand	leikefitness
Model Name	BC-2280
Color	GREY
Item Weight	18.5 Kilograms (40.7 lbs)
Product Dimensions (Unfolded)	52.7"D x 9.8"W x 18.5"H (133.8 x 24.9 x 47 cm)
Maximum Weight Recommendation	330 Pounds (150 kg)
Resistance Mechanism	Magnetic
Number of Resistance Levels	12
Material	Carbon Steel, Steel+PP Polypropylene
Power Source	Battery Powered (for LCD monitor)

8. Warranty & Support

leikefitness is committed to providing high-quality products and excellent customer service.

- **Replacement Policy:** Unconditional replacement within one month of purchase for brand new products.
- **Free Replacement Parts:** Free replacement parts for one year from the date of purchase.
- **Customer Service:** 24-hour customer service is available to assist with any questions or concerns regarding your product.

To contact customer service, please log in to your Amazon account, navigate to "Your orders," find the order ID for your leikefitness bike, and click "Contact seller."

For more information about leikefitness products, visit the official [leikefitness Store on Amazon](#).

